



Ravintsara

Cinnamomum camphora

The Ravintsara essential oil is one oil that can deal with a variety of ailments, right from infections to depression. Ravintsara is fresh and similar to Eucalyptus in fragrance.

Size: 15ml

APPLICATION METHODS: Can be use aromatically - Can be used topically

Primary Benefits

Emotionally, the oil shows a lot of promise for use in helping to focus in the midst of stressful situations and for helping to calm the nerves.

Directions for use

Diffusion: Use three or four drops in a diffuser.

Topical Use: Apply 3 drops of oil with a teaspoon of carrier oil and apply to area affected by soreness or pain.

Cautions

Do not take any oils internally and do not apply undiluted essential oils onto the skin without advanced essential oil knowledge or consultation from a qualified aromatherapy practitioner. If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and be sure to first read the recommended dilution ratios for children.

Aromatic Description

Fresh, earthy, eucalyptus-like with woody and subtle peppery notes.

Collection Method

Steam distilled.

Plant Part

Leaves

Main Constituents

Cineole, Sabinene, Terpeneol, Pinene

Description

The aroma of Ravintsara Essential Oil is somewhat similar to Eucalyptus in some ways, but I find it to be greener. Aromatically, it blends especially well with Eucalyptus and oils in the wood, mint and citrus families.

Uses

- Apply 3 drops of oil with a teaspoon of carrier oil to your chest to relieve breathing troubles.
- Diffuse or inhale directly from the bottle. Apply topically to your temples and back of neck to relieve anxiety.
- Add a few drops of Ravintsara to a teaspoon of carrier oil and massage it into your muscles and joints

Properties

analgesic, anti-allergenic, antibacterial, anti-inflammatory, antimicrobial, antidepressant, anti-fungal, antiseptic, antiviral, disinfectant, expectorant, relaxant.